

ABSTRACT OF THE DISCLOSURE

The present invention provides an ink jet recording method using a first liquid and a second liquid wherein at least one of these liquids contains a colorant. The method includes providing the first liquid on a recording medium and providing the second liquid so as to be in contact with a region where the first liquid has been provided on the recording medium, to thereby form an image. The contact angle of the second liquid with respect to plain paper is less than 85° and the contact angle of the second liquid with respect to the region where the first liquid is provided on the plain paper is 60° or more.